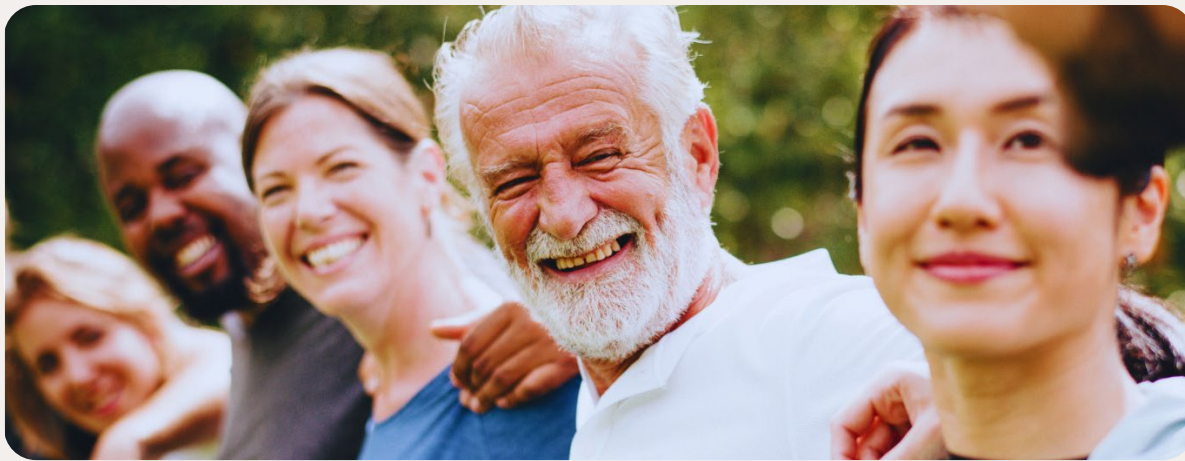




LIVING WITH BIPOLAR DISORDER

EMPOWERING YOU WITH KNOWLEDGE, SUPPORT, AND TOOLS TO THRIVE

Wayspring
mywayspring.com

What is Bipolar Disorder?

Bipolar disorder is a mental health condition that causes intense shifts in mood, energy, and behavior. It includes episodes of:

Mania or Hypomania - feeling euphoric, irritable, or overly energetic

Depression - feeling sad, hopeless, or exhausted

With the right treatment and support, people with bipolar disorder can lead healthy, fulfilling lives.

BIPOLAR I VS. BIPOLAR II

Bipolar I	Bipolar II
Mania	Hypomania
May include depression	Always includes depression

Symptoms of Mania

- High energy, racing thoughts
- Impulsiveness, risky behaviors
- Decreased need for sleep
- Grandiosity, sometimes psychosis

Symptoms of Depression

- Sadness, low energy
- Sleep disturbances
- Lack of interest, motivation
- Hopelessness, self-harm thoughts

Is This Mania, Hypomania, or Something Else?

Watch For:

- Extreme energy, fast speech
- Reduced sleep needs
- Risky behavior
- Mood swings

Bipolar symptoms may also be associated with many other conditions.



It is important for a person experiencing any of these symptoms to talk with their healthcare provider.

Daily Habits for Stability:

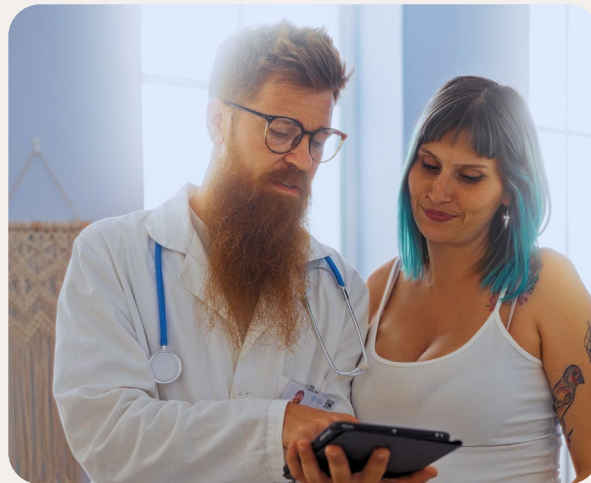
- Stick to a sleep schedule
- Eat balanced meals
- Take daily prescribed meds
- Avoid alcohol and drugs
- Get regular exercise

Watch for Early Signs:

- Mood or energy changes
- Impulsive decisions
- Withdrawing from people

Build A Support System

- Join a Support group (e.g., DBSA)
- Stay connected to friends/ family
- Let people know how to help you



Trusted Resources:

- National Alliance on Mental Illness (NAMI): [nami.org](https://www.nami.org)
- Depression and Bipolar Support Alliance (DBSA): [dbsalliance.org](https://www.dbsalliance.org)
- Wayspring: [mywayspring.com](https://www.mywayspring.com)
- Local mental health clinics or crisis centers



In Crisis?

Call or text 988 or go to the nearest ER.

Talk to your mental health provider about any changes in your mood or behavior.